

# BRIDGES

## READ MY BOOK:

Flying Time examines the victims of war  
**P.2**

## SPACES:

Three gardens provide pretty setting for livable backyard **P.8**

## SHARP EATS:

How to grow your own herb gardens and why you should **P.24**

WEDNESDAY, AUGUST 27, 2014

A STARPHOENIX COMMUNITY NEWSPAPER



## CHASING PASSION

TORNADO HUNTER GREG JOHNSON  
IS MAKING A CAREER OUT OF  
PHOTOGRAPHING SEVERE WEATHER  
**P.12**

**FREE**

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# SUZANNE NORTH

## Flying Time examines the victims of war

Some people have a strong attachment to the place of their childhood and I think I must be one of them. Although I have lived in Saskatchewan for many years I was born and raised in Calgary. That city, the foothills and the nearby Rocky Mountains seem to have left an indelible impression on me.

My husband states I grew up in Calgary and the foothills like baby ducks on their mothers, and perhaps he's right. It could well be that is why I have set all my books there.

My latest novel, *Flying Time*, tells the story of a naive, working-class 18-year-old woman who goes to work for an elderly, very wealthy Japanese businessman in 1958. A friend

ship slowly develops between Kay and Mr. Miyashita in the shelter of their downtown Calgary office. But as their friendship grows, Canada's relations with Japan deteriorate and war looms.

In November of 1941, Mr. Miyashita sends Kay as his representative to recover Japanese family heirlooms being held for him in Hong Kong. It is a journey that changes her life.

A dreamlike flight on the legendary Pan American flying boat takes



Suzanne North

her across the Pacific, which, at the same time, the Japanese navy is manoeuvring into position for the attack on Pearl Harbor and the simultaneous invasion of Southeast Asia.

What begins as a dream voyage for Kay soon turns into a nightmare as Japanese bombs fall on Hong Kong and she is

helped to escape the doomed city. Shortly after she arrives back in Calgary, the Canadian government orders all persons of Japanese descent to be interned in special

camp, and their homes and businesses confiscated. This order includes the elderly and now widowed Mr. Miyashita who, along with his wife, is sent to a camp in the interior of British Columbia.

Writing *Flying Time* gave me a chance to examine my birthplace through the lens of history. I want to show how the huge events of war could have profound effects on the lives of those in a small, seemingly safe, remote city in Canada. No bombs fell on Calgary but lives there were shattered.

*Flying Time* is available at McNichols Robinson in Saskatoon, Chapters/Indigo and Amazon, and through [www.brendachandless.com](http://www.brendachandless.com)



## Community Farmers Market of Saskatoon

**Locally Grown Produce**

Hours of Operation: 9am - 4pm

**London Drugs on 8<sup>th</sup> Street  
Tuesdays & Fridays**

**Peavey Mart on 51<sup>st</sup> Street  
Thursdays**

# INDEX

## # SHARP EATS PG. 24



The Ivy at Main Southern grows a herb garden on the restaurant's roof. **HERBS: PHOTO BY RICHARD MARZAN**

## # TABLE OF CONTENTS

### READ MY BOOK — 2

Suzanne North's *Flying Time* examines the victims of war.

### ON THE SCENE — 4

Durand sheds light on the Black 102 FM Show & Shine weekend.

### GARDENING — 6

Prevention and solutions for early blight in tomatoes.

### SPACES — 8

Three garden areas provide a pretty setting for livable backyard.

### IN THE CITY — 10

A moment in time: Photographer Gail Wadler's shot that defines the week.

### ON THE COVER — 12

The thrill of the job hinges on photography for Saskatchewan's tomahawk hunter Greg Johnson.

### EVENTS — 20

What you need to know to plan your week.  
Send listings to: [bridges@the-starphoenix.com](mailto:bridges@the-starphoenix.com).

### SHARP EATS — 24

How to grow your own herb garden and why you should.

### CROSSWORD/SUDOKU — 25

### ASK BILLIE — 27

### RECIPES — 28

### OUTSIDE THE LINES — 30

A weekly colouring contest for kids of all ages by artist Stephanie McKay.

### WINE WORLD — 32

Appearances smooth-talk and classically diverse.

## # ON THE COVER PG. 12



Greg Johnson makes a meal of using his bow. **COVER: PHOTOS BY BRIAN SCHLOSSER**

### BRIDGES COVER PHOTO BY BRIAN SCHLOSSER

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S7N 2P1.

Pat McLaughlin is editor-in-chief; Heather Peterson managing editor; John Sharp associate editor. For advertising inquiries contact 639-6326; editorial 639-6327; home delivery 639-6320. Hours of operation are Monday to Friday 8:00 a.m. to 4:00 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 639-6327.

# ON THE SCENE

## # ROCK 102 FM SHOW & SHINE WEEKEND

Everything from rock to rock concerts was on offer during a weekend designed by Rock 102 FM for car and classic rock lovers alike.

The highlight for many is the annual Show & Shine Sunday. While the weather was less than accommodating, thousands still hit the streets of downtown Saskatoon on Aug. 24 to check out over 900 classic cars, trucks and motorcycles that were shined up and on display.

1. Trent Glos takes inside his dad's 1920 Chevrolet 1 ton to get out of the sun and eat a hamburger.

2. Shawn and Nathan Ye

3. Lebron Rivers and Jesus Martinez

4. Ethan and Jonah Lundy

5. Chris and Gloria Tkatchuk

6. Han Wu, Chunyang Yang and Paul Kizilner

7. Austin Kuznetsov talks with the Plan family of Dylan Carter and dad John

BRIDGES PHOTOS BY GORD WALDNER



## ON THE SCENE

1. Sales and Review Circle from Aberdeen.

[illegible]

# GARDENING

## # GARDENING ADVICE

### Prevention and solutions for early blight in tomatoes

By Eri Svendsen

To eat, the taste of summer is fresh tomatoes in a salad, sandwich or soup. It will even eat them whole, straight from the garden.

Tomatoes are relatively easy to grow. However, there are a few challenges along the way. One common problem is early blight.

Asceptrol' woke up, I overheard one of my community garden neighbors complaining to a friend that she had noticed it on her tomatoes. I was in a hurry harvesting some chard for supper, so I didn't have time to stop to confirm the diagnosis. It's a fungal disease caused by *Alternaria solani*, a common fungus and potato blight disease. Yields are lower due to reduced plant vigor, necrosis on the fruit and occasionally infected fruit.

This disease can be present at all stages of plant growth from seedling to harvest. Leaf lesions are the most common symptoms but the fungus may also cause damping off, collar rot, stem cankers and fruit rot.

Concave or angular lesions, with dark concentric circles initially form on the leaves, older leaves. (Note: bacterial leaf spot produces concave-shaped lesions, but without the concentric circles.)

The lesions may grow in size, turn entirely black and join together. Infected leaves eventually turn yellow, wither, die and fall off. Once infected, the disease progresses upward to younger growth. High humidity and moderate temperatures (60-80°F) promote disease development.

As one might expect from the name, early blight shows up early in the season (July).

The disease can overwinter as spores on infected plant debris from previous years as it persists on the seed. To start with, spores can be transported over large distances by wind and spread by insects, other animals (including us) and equipment.

The best strategy to combat early



The tell-tale signs of early blight are dark lesions like these on tomato plant leaves. PHOTO COURTESY JACKIE BARTLE

blight is prevention.

- Start with fresh, clean seed. If collecting your own seed from open-pollinated cultivars like heirlooms, make sure the fruit is disease-free.
- Grow early blight-resistant cultivars (Goliath, Legend, Mortgage Mayel, Old Blakes, Tennyson).
- Remove all plant debris at the end of the season.
- Rotate to promote spore break-

down by soil microorganisms.

- Rotate crops to break the disease cycle: no potatoes or tomatoes for three years in the same area.
- Give plants lots of room to promote good air circulation and lower humidity.
- Stake plants to raise the leaves and fruit off the ground.
- Water early in the day to allow water on leaves to evaporate or let

ter yet, use trickle irrigation, like a weeping hose.

- Mulch an existing plant to grow with good mulch, straw, grass, or straw to help with weed control.
- Minimize plant damage and spread of spores by controlling insects.
- Do not work in a wet garden.
- Use organic compost, grass clippings, newspaper, etc. for plastic

mulch to prevent soil splash. Mulch has the additional benefits of conserving soil moisture and preventing weed growth.

Once you have an infection, you can't do much to prevent the disease progression. Make sure to wash your hands after touching infected leaves to prevent spreading the disease further.

# GARDENING



Keep your tomatoes healthy this summer with columns of Swenderson's Gas. PHOTO COURTESY SWENDERSON HILL

According to Health Canada, there are a few early blight control products available to home gardeners. Combination products containing carbaryl (insecticide) and copper (fungicide) control both insects and fungal diseases such as blights (e.g. Wilson Garden Doctor Insecticide Fungicide, Ring PTV Potato & Vegetable Drench for Bugs and Fungus).

Copper-only products (e.g. King Eco-Way PTV Potato Tomato and Vegetable Fungicide Spray, Biocontrol mixture — available as Biocontrol Copper Spray) [Note: Biocontrol mixture is an organic control certified by The Organic Materials Review Institute] can be used to prevent

early blight and other fungal disease outbreaks and used for organic.

Always follow label instructions for application and personal precautions — this applies to organic controls as well.

Now a gardening question? Contact Garden Line, 800-944-4478 or gardenline@canwest.ca. This column is provided courtesy of the Saskatchewan Personal Society (name unknown and/or, horticulture@pssoc-sask.ca). Check out our bulletin board or subscribe for upcoming horticulture events (bulletin & Learn at the Planting Place garden tour).

## Authentic Amish Cooking



COOKBOOK AUTHENTIC AMISH

### Baked Salmon Loaf

- |                        |                               |
|------------------------|-------------------------------|
| 1 lb Salmon            | 2 slices of Bread, crumbed    |
| 1/2 Cup Onion          | 2 slices Cheese, chopped fine |
| 1/2 C. Salt Milk       | 1 T. Malted Butter            |
| 1 T. Parsley, optional |                               |

Pulse fish and combine with other ingredients and spoon into loaf pan. Top with 1/2 C. tomato sauce or fresh tomato. Bake at 375° for 30-40 minutes.



## Authentic Furniture

Custom Solid Wood



Heirloom Pieces

Great Deals  
just got better!!



### Customized Option:

- choice of styles
- wood choices
- stain choices
- fabric or leather choice
- custom sizing available
- view our styles in our catalogues

We'll pay the tax on  
All Dining Sets and  
Bedroom sets!

## Authentic Furniture



Saskatoon's 1st Amish Store  
510 Circle Dr. E • 955-9397  
www.authenticfurniture.ca

# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN'S BEST SPACES

### Produce prospers in varied veggie garden

By Ashley Martin

**WHO?** Laura Petroski

**WHAT/WHERE?** The yard and garden of her River Heights-area home in Regina.

**WHEN?** This is Petroski's third summer in her home. When she moved in, she had a dream for the space, even though at the time it was just an empty yard full of weeds and weeds. Her previous home in Cathedral had a small, fenced yard which meant she could only plant about 10 plants — "I'm a terrible gardener. I've wanted to do a lot more than that." "I always always wanted to have a garden and I got my way," she said.

**WHY?** "I guess gardening is in my blood. I've always wanted to but never had the chance. As now I have," said Petroski.

She has a passion for healthy food and healthy living, so she has enjoyed being able to grow her own produce, even though it is a learning process.

**HOW?** Petroski has three varieties of gardens: a traditional in-ground plot, raised beds and tower gardens.

The latter she calls "gardeners for dummies." Tower gardens require little maintenance — there's no need for weeding. They don't even need to be watered every day.

"They grow really fast because the roots don't have to go looking for food, the food is just supplied just dripped over the roots," said Petroski. The heavier produce (tomatoes) is at the base of the tower, followed by peppers, green chard, lettuce, and kale at the top.

The beauty of tower gardens is they can grow indoors all winter. Petroski keeps hers in her basement, where it serves as a "grow-up for lettuce and sweet chard and kale and greens."

The downside of tower gardens is they don't let you accommodate root vegetables. So either raised beds or Petroski is growing asparagus and cabbages in the ground, which is not beds, potatoes and lots of other stuff.

Surrounding the plot are a bunch of rocks, which place them or attached to prevent grass from creeping into the dirt.

Petroski loves rocks and collects them from her travels. But many of her stones came from a grove got via a neighbour who knows her collection.



BRIDGES PHOTOS BY DON HEALY





# IN THE CITY

# AUGUST 24, 2014 — 3:16 P.M.

## Clara remembered



As a memorial to Clara, who was killed in a car accident in 2010, the community gathered for a celebration of life. The event was held at the same location where Clara was killed. The balloons were released in her honor. The event was a success and brought the community together.

# The StarPhoenix FESTIVALS SASKATOON



FOLLOW US ON:  

## #YXEFEFEST

The StarPhoenix is your source for complete summer festival coverage:

- Review
- Video
- Previews
- Photo Galleries
- Schedules
- And Much More!

[TheStarPhoenix.com/festivals](http://TheStarPhoenix.com/festivals)

# ON THE COVER

Our goal is always to capture the world's most extreme imagery. — Greg Johnson

#'TORNADO HUNTER' GREG JOHNSON

## Thrill of the job hinges on photography

By Ashley Martin

It sounds like something out of a movie.

Last May Greg Johnson was in El Reno, Okla., and found himself in the middle of a 4.4-kilometer-wide tornado.

A truck flew by. A barn exploded. These people he knew were killed in the storm.

"The fact that we survived, yeah it's exhilarating, but at the moment it was absolutely terrifying," said Johnson.

But it sure beats wedding photography.

"Horrible" is how Johnson describes his introduction to jobs that consist of picture-taking — shooting "babies, weddings, parties, french fries."

He was a hobby shooter for years, working on the yearbook during high school in Arizona and for the school newspaper while attending Acadia University in Nova Scotia. But Johnson went pro in 2000 when digital technology made his craft much more accessible.

He launched Greg Johnson Photography, which in 2005 morphed into Regius of agency Look Matterns. But after shooting some 200 weddings, among other things, he opted for more exciting subject matter.

He'd been fascinated by extreme weather ever since a lightning-heavy storm between Regius and Carlyle had left him in a ditch. He learned later that a tornado had passed through.

That's when he became interested in shooting storms.

"It has to do with the energy and the thrill of getting that picture that never gets old. We've got some shots frankly that I would put up with the best weather shots in the world. To capture that, there's nothing like it."

Johnson took his first "storm chase vacation" in 2009. In 2013, he sold his state in Look Matterns to try to become a full-time storm chaser.



Greg Johnson went on his first "storm chase vacation" in 2009. He has since focused on shooting extreme weather ever since. (Photo by Greg Johnson)



We're driving a bulletproof fortified truck with rollover protection and all the safety gear imaginable. We have to trust the ability of that truck to keep us safe, and it did. — Johnson



Above: own wedge tornado in Rader, Nebraska, on June 16, 2014. Johnson's team was up to 10 miles and forecasting objects in their truck during storm chasers. PHOTO COURTESY GREG JOHNSON

Johnson returned to refilling, which eventually led to a job at the Western Hockey League. That's how he made his way to Saskatchewan, moving first to Saskatoon in 1955, then Regina in 1966.

He worked a variety of other jobs to supplement his income before taking the plunge into photography.

Seeking adventure through tornado hunting may have been his hobby.

Johnson's parents, Doug and Pat, are adventurers too. "They just can't help me to be interested. They've explored volcanoes. They recently spent six weeks in China.

But while Johnson's job means taking risks, he is not such. He quotes his hero, Mark Twain:

"There's a difference between taking risks and being reckless."

"We always have a escape route, our navigation's important, safety's important, but that's all so we can take those risks that are going to allow us to get the best images we can possibly get," said Johnson.

"We" is his tornado-hunting team of Rocky Rober and Chris Ostlick.

"We run eight to 10 different cameras and forecasting devices in our truck while we're chasing, and all these are packed within a few square kilometres," said Rober who grew up in Saskatchewan and now lives in Canada.

"We can tell where the tornado is, where the rotation is, where

we would expect to see the storm and then we get up there and also judge with our eyes and what we see it. So we negate the risk that way."

Three American storm chasers, friends of Johnson's, were killed last May 11 in El Reno, by the wild cat tornado ever recorded.

While it gives him pause, he sees their situation as ordinary to his own.

"(They) made some tragic mistakes. They ran out of money so they were chasing in a car instead of their chase truck," said Johnson. "We're driving a bulletproof fortified truck with rollover protection and all the safety gear imaginable. We have to trust the ability of that truck to keep us safe, and



Greg Johnson takes risks but he's a lot safer. PHOTOS BY DEBRA SCHUBERT



The fact that we survived, yeah it's exhilarating, but at the moment it was absolutely terrifying

— Johnson



A tornado in Idaho, March, on April 19, 2012. The road is dark. Doug Johnson said he and his team never felt it, but they say it by saying it safe. (Photo by Doug Johnson)

"When I told people I was going to be a storm chaser, people laughed. I mean literally laughed," said Johnson. But now "people have a much higher awareness about severe weather — and I'd like to think that in some small way that I contributed to that and that's a small difference. And that's the message for my kids."

"I want them to be those game-changers and not just teenagers and doing everything like everyone else."

And our share reflects that, actually."

Tornado Hunters, which premieres on TV on Oct. 8 (with webisodes currently online) was a product of being a little out there, says Johnson.

"None of that would have happened if we'd sort of played it safe and done what every other severe weather expert online had been doing," he said. "In fact in many cases,

the severe weather crowd, whether they're meteorologists or other storm chasers around North America, they kind of belittle us. We're just goofballs, we're idiots. Nobody says that long time of course."

But at the end of the day it's driven some wild success and I'm super proud of it. So they can laugh all they want. They're working the middle management jobs and I think probably wishing they were us."

♦ ♦ ♦

Johnson started storm-chasing in a Nissan Xterra by himself. As the demands of his job grew, so did his team.

"It's hard to take pictures, navigate, drive, Twitter and Facebook, and communicate with Envision (a Canadian weather service) and all these things at the same time," said Johnson. "So more

experience was needed."

Perkins has worked with Johnson for the past three seasons.

"I was only going to come out a few times. But then I saw my first tornado and I was, like, 'ah, added, I want to make this work,'" said Perkins.

Chittick came on in spring 2013 having previously met Johnson while storm chasing as part of the society's Storm Chasers.

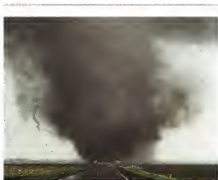


When I told people I was going to be a storm chaser, people laughed. I mean literally laughed.

—Johnson



SASKATOON  
SPORTS  
COUNCIL



A storm in Pelly, Alaska, on June 15, 2014. PHOTO COURTESY STEVE JOHNSON

He's like the 1981 Photos character in *Twist n' Shout*, nothing more.

Speaking of the 1980 Hollywood blockbuster, real life storm chasing is "exactly like *Twist n' Shout*," said Forbes.

"You've got three or four other teams that we compete with — you're all kind of friends, because you're the only ones out there battling that, but at the same time you're all trying to fight for that shot and fight for that paycheck so it gets pretty interesting," he added. "There'll be heated arguments on the side of the highway in the middle of nowhere. There's definitely a sense of competition, especially over social media and stuff, because that's where everybody does their own marketing — as lines will be crossed and words will be exchanged. It's really funny, actually."

Johnson's team logs 100,000 kilometers in a matter of weeks, traveling more than 1,000 hours in company each season. Johnson says it's merely a matter of getting on each other's nerves.

"Overall, we actually enjoy being on the road."

"We're spending that much time together, you really get to know a person, added Forbes. "It's like a best friend; it's almost like a sibling relationship when you're around somebody that much." It has its ups and downs but it's a lot of fun.

From mid-April to the end of July, Johnson

extracts they spend 60 days chasing. It's not always a comfortable lifestyle.

"Some nights we end up sleeping on the truck," said Johnson. "Sometimes we need to go about 100 km in 24 hours and so sleep in a pentagon, and lots of times you're sleeping in the back seat while somebody's driving up front."

It's not always the healthiest either. Johnson admits he put on 15 pounds this season. Mexican food is his vice, he says, because you can't get it in Regina.

\*\*\*

Four months on the road does not equate to eight months of vacation.

"Chasing is seasonal because of the weather, but the business of running tornadochaser.com is full year round. I make all of my money off of this from September to March," said Johnson.

He does spending gigs and camera work shops. And now he stars on a TV show.

Tornado Hunters resided in Toronto-based Motion Media wanted to produce a weather show.

Director/producer Paul Kirkack and his partner stumbled upon Johnson's website where the team had posted gory videos of themselves in addition to storm chase footage.

## Who we are & What we do:

The Saskatoon Sports Council is a local volunteer directed non-profit organization that represents and serves the local Saskatoon Sporting Community. Our mandate is to be a leader in facilitating Community Development through sport for and with communities in Saskatoon. Utilizing a community development approach we work with communities and local sport groups in an effort to provide leadership for sport in Saskatoon through advocacy, partnerships, funding support, and program planning.

## 2014—2015 Coaching & Volunteer Clinics:



## Introduction to Competition Part A & B Coaching Clinics

Part A—Sept. 19 & 20, 2014; Jan. 23 & 24, 2015; May 22 & 23, 2015

Part B—Nov. 22 & 23, 2014; Mar. 21 & 22, 2015; June 20 & 21, 2015

## NCCP Fundamental Movement Skills & Growing Young Movers Workshop

Designed for coaches or community leaders working with children and youth in the Community and/or Introductory Competitive Setting. This 5-6 hour workshop integrates classroom learning with interactive hands on learning in a gym setting.

Pilot Workshop—Saturday October 18th, 2014 (tentative)

## Making Ethical Decisions Standalone Module

September 15th, 2014—4:00pm—10:00pm

June 4th, 2015—4:30pm—10:30pm

## Sport Medicine & Science Council—Sport Taping Clinic

February 25th, 2015

For more information or to register for one of our upcoming clinics please contact our office at 306-975-0890 or for more information visit our website at [www.saskatoonsportscouncil.ca](http://www.saskatoonsportscouncil.ca)

## KidSport Deadlines 2014-2015

September 15th, 2014; January 15th, 2015; March 15th, 2015; & June 15th, 2015

For more information on the KidSport Program or to obtain an application form please contact our office at 306-975-0830 or visit our website at [www.saskatoonsportscouncil.ca](http://www.saskatoonsportscouncil.ca)

## Annual Used Equipment Give Away Day

Check out our Annual Used Equipment Give Away Day and get set up with some quality used sporting equipment. We have equipment for a variety of sports including hockey, soccer, baseball, football, etc.—The 2014 Give Away Day has been scheduled for Friday September 12th 2pm—7pm & Saturday September 13th 9am-1pm Location: YTHD, Call our office at 975-0830 for info.



When you see what they're doing, it's not contrived, it's not put on, it's not scripted, it's not a reality producer setting up scenarios. They're instantly likeable. — Paul Kibbick



The aftermath of a J-15 tornado in Moore, Okla., on May 22, 2013. Greg Johnson's new reality show, *Tornado Haven*, will air this fall on CMT. Photo: COURTESY GREG JOHNSON

"Obviously they chose tornadoes, and we thought 'well that can't be bad TV,'" said Kibbick. Last August, he came to Regan to meet the local storm chasers. By the time he left, there was a TV deal.

There's authenticity in the appeal of these characters, says Kibbick.

"When you see what they're doing, it's not contrived. It's not put on, it's not scripted. It's not a reality producer or setting up scenarios. They're instantly likeable. The first thing you get is to see these guys who are incredibly generous in their relationship and how that makes them hailers, they're funny, and I think people will identify with that," he said. "I think that by the end of it, you watch the show and you love these guys."

"We had 10 weeks of cameras in your face, just like you'd expect from any reality TV show," said Johnson. At

first it was a little odd, but by the end of it we were so used to it that we were almost hating the producer out."

"It's so awesome getting to tell other people the story of what we're doing. It's been really cool," said Purbes.

Kibbick is sure people will love the show, for a few reasons.

"At the house, you've got a very thrilling kind of activity. You're chasing storms, you're seeing things that people don't get to see. You're seeing that danger and adventure that goes with it. But more so you get to see these guys who are incredibly generous in their relationship and how that makes them hailers, they're funny, and I think people will identify with that," he said. "I think that by the end of it, you watch the show and you love these guys."

Johnson hopes the show will open doors for him. He'd like it if *Tornado Haven* ran over several seasons. In his dreams, he'd one day host a *Twisty Planet*-type show.

"We see there's nothing that's off the table. I certainly don't lose and breathe having to be a storm chaser," said Johnson. "If other morning up portables show up in my life then that's great. I don't have a crystal ball, I can't tell the future."

It's hard to see that *Tornado Haven* or *Big Brother* any time soon.

People are fascinated by the weather, said Johnson.

"Even news directors at TV stations will tell you that when they broadcast interesting weather stories, ratings go up," he said.

That's exactly why a photo by Ste-

phanos photographer Cotton Nix, went viral last month, as a tornado pluck him and the newlywed couple she was shooting near Davidson.

"Obviously there's something to be said for luck and being in the right place at the right time, and she did a great job, but that's a perfect example," said Johnson. "She's probably taken thousands and thousands and thousands of wedding photos that frankly no one's ever going to see. But she gets that one photo, or one series of photos that everybody in the world wants to see because of a body cloud in the background."

While Nix's photo, which was shared 10,000 times through Facebook, garnered her lots of new fans, it's likely Johnson's star will continue to rise with his new TV show.

He's already got more than 40,000 likes on Facebook.

"I'd be lying if I said that it's not really cool to be seen, people that are instantly fans," he said. Johnson was recently recognized while out for dinner with friends and he's been approached at Costco by people who want to talk tornadoes. But so far so far gone, he says he's in a good position.

"I'm not Matt Damon walking down the street, or Ryan Reynolds. There's certain people that have seen celebrity and I'm fortunate that I've been of almost in a covert spot where it's enough to be interesting and fun, but it's not enough that I can't go to the grocery store."

www.tornadohaven.com  
Twitter: @tornadohaven

# Save up to \$2100

in Manufacturer's Rebates from Gregg's\*

**PLUS**

**180  
DAYS**

0% INTEREST\*\*

- ✓ No Deposit
- ✓ No Interest for 180 days
- ✓ No Payments for 180 days



Gregg's  
**ONE HOUR**  
HEATING & AIR CONDITIONING  
Always On Time...Or You Don't Pay A Dime!

**Call us Today**  
**306-373-4664**

**Gregg's**  
HOME SERVICES

503 51st Street East

\*Receive a rebate on your qualifying purchase of Gregg's Home Comfort System and/or Taskless Water Heater from July 1 until August 31, 2011. For more information, contact Gregg's.

\*\*Receive 180 days deferred payments and 180 days no interest on the purchase of any qualifying Gregg's Home Comfort System and/or Taskless Water Heater for a maximum of 120 months to qualified retail customers on approved credit (SAC). Down payment not required. Applicable taxes apply on full amount of purchase price and may be included in net amount financed. Call for further details.

## EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MUSIC

Wed., Aug. 27

**The Rob-Hill Band**  
Bulls on Broadway,  
517 Broadway Ave.

**Author w/ Slender Loz,**  
**Boefine and Cactiney**  
Baumgart Film & Records,  
100-320 Third Ave. S.

Thurs., Aug. 28

**Katy Perry: Intimate World**  
**Tour w/ Kacey Musgraves**  
Credit Union Centre,  
3515 Thatcher Ave.

**Whiskey on a Sunday**  
Crackers Restaurant &  
Lounge,  
1-227 Pinchpoint Dr.

**Soul Picnic**  
Bulls on Broadway,  
517 Broadway Ave.

**The Mowgli's**  
Loud/ Pula,  
500 Campus Dr.

**Hillbarn Death Engines w/**  
**Strapline Fly w/ Streetball**  
Capital Music Club,  
264 First Ave. N.

Fri., Aug. 29

**Highline**  
Bulls on Broadway,  
517 Broadway Ave.

**Billy Bull**  
Army & Navy Club,  
359 First Ave. N.

**Kevin Barnett w/ Dene Young**  
McNally Robinson,  
2030 Eighth St. E.

**Heavenly Hush**  
Fairfield/Santor Citizens'  
Centre,  
103 Fairview Ct.

**The Kalamazoo w/ Guy and**  
**the Kalamazoo**  
Amigos Cantina,



Katy Perry will perform *Intimate World* Credit Union Centre on her *Intimate World* tour with Kacey Musgraves. *AP Photo*

632 10th St. E.

**Slow Down Malicious w/ No-**  
**A John and Cheno Luxury**  
Vampires Tavern,  
801 Broadway Ave.

**Firing at the Sky w/ Na the**  
**Cuts**  
Rock Bottom,  
8345 Broadway Ave.

Sat., Aug. 30

**Sonsawar**  
Bulls on Broadway,  
517 Broadway Ave.

**Billy Bull**  
Army & Navy Club,  
359 First Ave. N.

**Harvest Dance! Soakwater**  
**Rhythms**  
Downtown Legion,  
606 Spadina Cres. W.

**Williams and the Shadows**  
Norman Legion,  
3031 Louisa St.

**Angela Inglis**  
McNally Robinson,  
2030 Eighth St. E.

**Reverend w/ Mark Mills**  
Amigos Cantina,  
632 10th St. E.

**Darwin Day**  
Salem Place,  
106-110 Ruth St. E.

Sun., Aug. 31

**Kelly Seard**  
Bulls on Broadway,  
517 Broadway Ave.

**Passes Passes! Back to School**  
**w/ DJ Scott Turner, DJ Hey-**  
**wood, DJ Quartz**  
O'Brien's Event Centre,

241 Second Ave. S.

**Darwin Day**  
Salem Place,  
106-110 Ruth St. E.

**The Deconstructed Dose**  
Pizz's Pub and Grill,  
1403 Joyville Dr. N.

**Long Weekend Ballroom w/**  
**The Gift of Anger and Lucid**  
**Ataville**  
Rock Bottom,  
8345 Broadway Ave.

Tues., Sept. 2

**The Morning After**  
Bulls on Broadway,  
517 Broadway Ave.

## # ART

**Murder! Art Gallery**  
Until Sept. 14 at 900 Spadina

**Great E. Summer exhibi-**  
**tions: Convoluta d'Beauty**  
in the Company of Emily Carr:  
Symphonic Magic, examin-  
ing the Canadian northland  
from diverse perspectives. A  
Visual Fancie works from 1933-  
53 by the Canadian Group of  
Painters. The Artists by Artists  
Memorial Program reflects  
Sean Weisbrober's work with  
his mentor Marie Lunau.

**The Starfront Gallery**  
Until Aug. 26 at 324 20th St.  
W. Paper Campaign: A print  
and poster exhibition of local  
and national artists and  
designers.

**SCVAP Gallery**  
Until Aug. 25 at 203 Third Ave.  
S. Works by Kencie Ketterbach

**Fixed Arts**  
Submission deadline is Aug.

29, 5 p.m., at 424 20th St. W.  
or [artisticjazzarts.ca](http://artisticjazzarts.ca). Ann  
the bridges, call for submis-  
sions. Open to all Saskatoon-  
based artists, film or media  
artists. They are looking for  
short video or film works to be  
screened as a part of the 2014  
Culture Days Festival on  
Sept. 27 at 8 p.m.

**Kalving Plus Art**  
Until Aug. 30 on the eighth  
floor of the Delta Saskatoon  
Hotel. The mixed media  
works of Aboriginal artist  
Heather Shillinglaw.

**Station Arts Centre, Booth-**  
**art**  
Until Aug. 30 at 101 Railway  
Ave., Southern. Northern  
Landscapes by Men Who  
Paint, Carr Forrester, Greg  
Hagopian, Paul Trullien, Roger  
Trotter, Men Who Paint.

# EVENTS

## Pratt Star Gallery

Until Aug. 31 at 106 Eighth St. S. Permanent display: Views from the Edge of the Terrestrial Raindrops by Gerry Barling.

## Art in the Centre at Parkbridge Centre

Through August at 70 Grosvenor Cres. Works by watercolourists and friends.

## McGowan Valley Centre Gallery

Through August at 453 Third Ave. S. Take a Walk With Me, series of Saskatchewan by Patricia L. Clarke. Original watercolours inspired by walks and travels along the McGowan Valley and beyond.

## Affinity Gallery

Until Sept. 1 at 803 Broadway Ave. A Show About Nothing: Works by Emma 2014 International participants and invited artists.

## Gordon Sinclair Gallery

Sept. 2-Oct. 19 at 1000 190 of the U of S Murray Building, a Suburban Sinner by Mackenzie Brownlee. Reception Sept. 11, 7 p.m. to 10 p.m.

## Station Arts Centre, Leamtham

Sept. 2-27 at 701 Railway Ave.-In Bookends: Recent works by Bookends artists from Bookends area artists. Includes paintings, fibre art, stained glass, wood carving, pottery, sculpture and photography.

## Livestock Museum of Canada

Until Oct. 5 at 910 Speedline Cres. & Drayton Street: The Colors of His Work: Reception and screening of the documentary The Adairville Adventure Sept. 5, 7:30 p.m.

## Dorrell Bell Gallery

Until Sept. 6 at 405-405 2nd St. S.: Summer Exhibition: Featuring works by Camella Kadje Rother, Jim Graham,



First Nations Portrait by Drayton Street is on display at the Livestock Museum of Canada.

Michael Housh, Trevor McDonald, Mitchell Fenton, Lee Brady, Joe Garland, Curtis Derivick, Gerald Perry, Adrien Salmson and Brian Gladwell.

## Centre East Gallery

Until Sept. 14 at The Centre & display by Showcase of Artists Winner in the Royal Gallery, a display by Museum of Antiquities in the Jade Gallery, a display by the Saskatchewan Pattern Guild in the Amber Gallery, an art display by Art Expressions with Michael J.

Martin in the Green Gallery, photographs by Imagery Photography in the Crimson Gallery, a display by Ukrainian Day in the Park in the Leavenworth Gallery, and displays by Saskatoon Public Schools in the Magnolia and Indigo Galleries.

The Gallery at Phoenix Mountain Central Library Until Sept. 18 at 311 23rd St. S.: Roman Portraits by Anis Stenewick.

## Handmade House Show

## nae

Until Sept. 27 at 710 Broadway Ave. Ugly Face Arts: Featuring works by ceramic artist Bonnie Gilman.

## Humboldt and District Museum and Gallery

Until Sept. 27 at 101 Main St. in Humboldt. Two Perspectives, pottery and paintings by Mel Gibson and Karen Heister. "Saskatchewan: Aches and Pains: A quilt block challenge" runs until Sept. 27.

## Urbal City Art Show

Until Oct. 17 at 139 Second Ave. N.: New works from Jessica Edwards, Joe Toderan and Luke Warren.

## @ FAMILY

Stems and Strollers: Wednesdays, 1 p.m. at Centre Cinema in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking to select theatres.

## CPC Circle and Play

Daily, 10 a.m. to 6 p.m., in Box 4 of 619 South Railway St. W. in Warman. Saskatchewan's newest indoor playground. For children up to age 10. Visit cpcindoorplay.com or their Facebook page.

## Fun Factory Indoor Playground

Daily at 10330 Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

## Children's Play Centre

Daily at Lawson Heights Mall & fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

## Monte Mail Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

## Coffee Time for Kids

Fridays, 10 a.m. to 12:30 p.m., at Robb's Bobb's Box, 11705 Central Ave. Moms enjoy a free cup of coffee while children play in the playground.

**MONTANA'S**  
COOKHOUSE & BAR  
ON 8TH STREET

**ENTER TO WIN A PILSNER RIDER BEER FRIDGE**

**WITH PURCHASE OF PILSNER OR COORS LIGHT ON GAME DAY!**

**Pilsner Coors LIGHT**

**RIDER PRIDE LIVES HERE**

## EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Breakfasting @Life**

Thursdays, 10 a.m. to 10:30 a.m., at Westwind Primary Health Centre, 3311 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

**Canadian Light Source**

(CLS) Public Tours  
Thursdays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Registration is required. Call 306-637-3644, email outreach@light-source.ca or visit [lightsource.ca/education/public\\_tours.php](http://lightsource.ca/education/public_tours.php).

**Mom and Baby Outdoor Stroller Fitness Classes**

Until Aug. 28, 10:30 a.m., along the Minnow Trail. Meet new moms and get a whole body workout. To register and for starting location call 306-370-0038 or email [Saskatoon@momandbaby.ca](mailto:Saskatoon@momandbaby.ca). More information on Facebook.

**Practical Yoga Summer Sessions**

Aug. 28 at 7 p.m. and Aug. 30 at 11 a.m., at Ballerini Within Ecstasy and Ecstasy, 3400 Third Ave. S. Six-week classes taught by Nina Zaitz. A safe and nurturing environment for moms-to-be. Prepares for the birthing process through breath, neck, relaxation and meditation techniques. To register email [freedomfromwithinyoga@gmail.com](mailto:freedomfromwithinyoga@gmail.com).

**Shoe in the Shoe**

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at the Mall at Union Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a session for parents and babies.



*Apiculture in the Classroom Summer Garden Program is free for all ages and goes until Aug. 29. Kids pick fruit freely in several beds.*

Pre-register at [runnersandbookwormsfitness.ca](http://runnersandbookwormsfitness.ca). No classes on stat holidays.

**Movies for Mommas**

Thursdays, 1 p.m., at Rainbow Cinema in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

**Baby Talk at 304**

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carleton King Branch and JS Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, then

reunite with other parents.

**Agriculture in the Classroom Summer Garden Program**

Until Aug. 29. A free all-ages drop-in program. Activities and games surrounding gardening, healthy eating, sustainability, and cultural perspectives. Aug. 27, 1 p.m. to 3 p.m., at Confederation Park Community School and St. John School; Aug. 28, 1 p.m. to 3 p.m., at Westmount Community School and St. Anne School; and Aug. 29, 10 a.m. to 12 p.m., at St. Marie Goretti Community School and 1 p.m. to 3 p.m. at

Vincel Massey Community School. Call 306-933-0020 or email [kashlynn@city.ca](mailto:kashlynn@city.ca).

**Gen-Arm Gymnastics Camps**

Until Aug. 29 at 2:30 p.m. short-term drop-in sessions for ages two to 16. Visit [cammygymnastics.ca](http://cammygymnastics.ca).

**Girls Hockey Camps**

Various camps until Aug. 29. For kids ages seven to 12. Players must wear full hockey equipment. Visit [cammyhockey-camps.aspx](http://cammyhockey-camps.aspx). Call 306-950-3406.

**Children's Activity Camps**

Until Aug. 29, 9 a.m. to 4 p.m.,

at the U of S. Organized by the College of Kinesiology for ages five to 12. Various activities in full- or half-day camps are available. Visit [recservices.uask.ca](http://recservices.uask.ca). To register call 306-966-1001.

**Craft and Story Time**

Saturdays, 11 a.m., at Ingle Creek, 3322 Eighth St. E. in the kids section. Call 306-264-8007.

**Something on Sundays**

Sundays, 2 p.m. to 4 p.m., at the Mendel Art Gallery, 950 Spadina Cres. G. Free family fun for ages four to 12, accompanied by an adult.

Art-making activities led by gallery artists. Supplies are provided. Aug. 31, Free Family Fun: celebrate the Labour Day with Artists at Work.

**Postnatal Yoga**

Wednesdays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Friendly classes with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [mpmpeyew.com/postpartum](http://mpmpeyew.com/postpartum). No class on stat holidays.

# EVENTS

## Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 268 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-551-0443 or email [njaprenatalyoga@gmail.com](mailto:njaprenatalyoga@gmail.com). No class on staff holidays.

## Bobbel Bobbel Roo Playroom

Monday to Friday, 10:30 a.m. to 4:30 p.m. and late night Thursdays, at Bobbel Bobbel Roo, 71-705 Central Ave. With a vet area, kitchen and shopping centre, puppet theatre, stage and crafts. To book groups, or to check for availability, call 306-344-4790 or email [bbobprincess@sasktel.net](mailto:bbobprincess@sasktel.net).

## Playgroup

Tuesdays, 9:30 a.m. to 10:30 a.m., at Grace-Woodcroft United Church. Hosted by Prairie Hearts Learning Community, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

## Freehold Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McKelvy Robinson, 3100 Elmhurst St. E. For children ages three to five. In the children's area. Call 306-455-1479.

## BRICKS & KIDZ® Saskatoon

Drop-in after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique friendships, play games, and have fun using LEGO® bricks. Visit [bricksandkids.com](http://bricksandkids.com) or call 306-979-7246.

## Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at [saskatoonlibrary.ca/node/1046](http://saskatoonlibrary.ca/node/1046).

## # SPECIAL EVENTS

### Week on the Greenidge

Aug. 27, 10:30 a.m., starting at the Meadows building. History information with a Mini-wine is program staff member. For information call 306-665-6988.

## AGM Birthday Extravaganza

Aug. 27, 11:30 a.m. to 1:30 p.m., at the Sheraton Cavalier, 513 Spadina Cres. E. Hosted by Saskatchewan Professional Marketing Association. Thinking in the Expansion Economy with Ron Fife, a presentation helping entrepreneurs and individuals within them to attract consumers. Tickets at [saskmarketing.com](http://saskmarketing.com).

## Conventuality Campus Tours

Aug. 27 and 31, 1 p.m. to 2:30 p.m., starting at the DeLoebaker Canada Centre. A leisurely walking tour of the trail campus, highlighting historic achievements, and architecture. For information or to reserve a spot, call 306-966-9084, or email [info@conventuality.ca](mailto:info@conventuality.ca).

## Kick Off our Irish BBQ

Aug. 27, 5 p.m. to 8 p.m., at the Saskatchewan Forestry Park & Zoo. An event for female entrepreneurs to meet and network with others. A barbecue, feminine carnival games and study drinks. Tickets at [alexis.com](http://alexis.com). Proceeds support Saskatoon inner-city schools in need of supplies.

## Comey with Starling Scott

Aug. 27, 7:30 p.m., at Capitol Music Club, 244 First Ave. N. Scott's material stems from his experiences with relationships, family, career, exerts his outlook on life and the world, and those awkward moments that people find on walks of life are worth a

## SFDC Dinners

Aug. 28, 7 p.m., by the Jesus Canada Canada Centre in Kelowna, B.C. Saskatoon International Fellowship Club (SIFC) Dinners. Learn diners from many countries around the world. No admission. Visit [sfcdinners.com](http://sfcdinners.com).

## PotashCorp Fireworks Festival

Aug. 25-30 at River Landing. Live shows at the Amphitheatre at River Landing and in Rotary Park. Food, demonstrations and games. Each evening it happens off with fireworks displays set to music.

## Live Thoroughbred Racing

Aug. 25-30, 7 p.m., at Menzies Downs. Live horse racing in true



Catch the PotashCorp Fireworks Festival Aug. 29-30 at River Landing. fireworks Aug 29-30 at river landing

## Spinning style

### River Landing Market

Saturdays until Oct. 4, 8 a.m. to 2 p.m., at 100 Saskatchewan Way. Saturday markets alongside the Farmers' Market. A wide variety of art, import's, home furnishings, fashion and decor.

### The Lost Key

Aug. 31, 1 p.m. to 4 p.m., at the Mer residence, 326 11th St. S. The group performs in the garden at 2 p.m. The Mer is also open for tour.

### Walking Tour and Open House

Aug. 31, 1:30 p.m. to 3:30 p.m., at the Superintendent's Residence at the Saskatchewan Forestry Park & Zoo. Hosted by Friends of the

Forestry Park. A tour of this National Historic Site of Canada, walking tour begins at 2 p.m. Refreshments are available.

### From the Forest Garden Fall Festival

Aug. 31, 9 a.m., at the Ness Creek Site, 20km north-east of Big River. Four courses made from food, origami, and video/art projects by Chef Jerrid Williams. With entertainment by Kelli Katherine and Friends. Tickets and reservations at [nesscreekfestival.com](http://nesscreekfestival.com) or 306-480-9040. Proceeds support the Ness Creek Forest Garden.

### Riverboat Music on the Prairie Lily

Aug. 31, 7 p.m. to 8:30 p.m., departing from the dock by the Mendel. With Maurice Drouin and vocalist Je-

lysine Smith. Tickets at 306-966-9499 or [theprairielily.com](http://theprairielily.com).

## # THEATRE

### The Marquis Crossing Ladies: Society's First Attempt at Murder — Mystery

Aug. 27-31 at the Bent Playhouse on Highway 10. The ladies of the Marquis Crossing Arts Society are writing their own play. Filled with murder, mystery and music. Call 306-328-4600.

Drop-in events or a free community service offering to groups. Listings will be posted if space permits.

# SHARP EATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook

## # SASKATCHEWAN FOOD SCENE

# How to grow your own herb garden and why you should give it a try

By Jenn Sharp

Easy to grow and low maintenance, herbs are a gardener's best friend.

The gardening season is winding down, which means it's time to plan for next year. If you don't have the space or inclination for a full-blown garden, try adding a few pots of herbs or even a raised bed. Nothing tastes better than fresh basil leaves on a tomato sandwich or rosemary-grilled meat dishes.

Several establishments in Saskatoon and Regina are utilizing what ever space is available to grow fresh herbs. Just at Regalia have five pots in the window while Calamus in Saskatoon grows herbs in the alley. The Ivy in Saskatoon has raised beds on the rooftop where executive chef Matt Sutherland grows about 10 different herbs, including four mint varieties for mojitos and desserts.

The raised beds were built in July by R & D Gardening Services. Debbie and Ray Penner started the company to share their enthusiasm for gardening.

"Our mission — is to bring people and plants together. We really hope that people would consider (start) up to grow things in the city. Urban sprawl doesn't mean that we can't turn bits of access to plants and good things to eat that we grow ourselves," Ray says.

Now The Ivy has a steady supply of herbs to serve fresh, and in dry for use as the infusion.

"I am never much of a gardener before but you learn as you go. I know it," says Sutherland, who was up on the roof tending the garden for day 1 called.

The garden has been such a success that they plan on building 12 more boxes next year and growing their own cilantro. The Ivy's full menu will feature the herbs prominently in everything from a new pork loin dish to Quinoa.

The Penners are big advocates of



Me, my associate chef Matt Sutherland grows more than 10 herb varieties in a raised bed garden on the restaurant's rooftop. *Photo by Brandon Wark*

raised bed gardens, saying it's the perfect option for first-time gardeners.

"They're very controllable. You can do so much with container gardening or raised beds."

Herbs don't need a lot of soil — they love dry conditions and lots of sunlight. And they don't need the wind either.

"Herbs are pretty tough plants," says Ray. "Sometimes the tougher the conditions, the better the quality of

the herbs. It can make them stronger."

### SIX TIPS FOR BUILDING YOUR OWN RAISED HERB GARDEN

1. Buy sunnier for herbs that 120 cm x 60 cm and stand about 90 cm high.
2. Soil is heavy, especially when it's wet. Know the load capacity of your rooftop or balcony before you build.
3. Create your own ideal soil conditions for the plants you'll grow.
4. Most herbs need ample sunlight — judge your garden's appropriateness.
5. You'll have a limited amount of soil, it'll dry out faster. Make sure you're watering enough. That's not as much of an issue when the raised bed is placed on the ground. That way the plants can grow closer down if they need.
6. The beds only have 12 cm of soil and set on a tabletop, which means you're not bending over to garden. You'll be surprised by what you can grow in just 12 cm of soil. Ray experimented in his own raised bed this year and planted tomatoes with the help of some Miracle-Gro and water he has an ample crop.

Continued on Page 28



## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Tuffie's *unintentional*  
 5 Like some actors or talkers  
 6 90's *romantic*  
 14 Words of Goya, e.g.  
 15 Club *sally* *news*  
 16 Words after "You can't be my"  
 17 Soiled weapons of *old* *doctors*  
 18 Makes a stand in  
 20 Toddler's *best* friend to a corner  
 22 *Sublime* bird  
 23 It may be *bed* in the end  
 24 *So* *pro* *happier* *one* *later* .....  
 25 22' *top* for *one*  
 26 *Covered* *near* *the* *main*  
 28 *Covered* *of* *wood* *no* *one*  
 30 *Keeps* *touch* *in* *a* *note*  
 32 *Peek* *into* *the* *eyes*  
 33 *Each* *with*  
 41 *Phone* *debs* *Alber*  
 42 *Don't* *in* *a* *table*  
 43 *Word* *of* *a* *drink* *series*  
 44 *Cherry* *physical* *at* *recreational* *business*  
 45 *Love* *actor* *films*  
 46 *It's* *big* *used* *in* *chivalry*  
 47 *Ready* *to* *the* *mass*  
 48 *The* *swallow* *is* *believe*  
 49 *What* *the* *moose* *does* *during* *late* *autumn*  
 50 *Complete* *flowers* ..... *and* *a* *hint* *to* *overhead* *the* *answer* *is* *each* *stated* *clear*  
 51 *Sign* *of* *affair*  
 52 *There* *is* *an* *angel*  
 53 *Anthony* *is* *long* *in* *the* *middle* *of* *the* *book*  
 54 ..... *episodes* .....  
 55 *Where* *actions* *go*  
 56 *The* *color* *indicating* *items* *in* *vacation*  
 57 *The* *latest*

## DOWN

- 1 *Top* *in* *second*  
 2 *Not* *the* *maker*  
 3 *Don't* *know* *as* *some* *books*  
 4 *See* *for* *again* *as* *an* *effect*  
 5 *Peppermint* *name* *that's* *both* *down* *sound*  
 6 *Alfalfa*  
 7 *Old* *ford* *model*  
 8 *Non* *professional*  
 9 *Married* *land* *to* *the* *farmers*  
 10 *Where* *is* *always* *zero* *degrees*  
 11 *Is* *in* *character*  
 12 *Little* *briefly*  
 13 *It* *remains* *with* *a* *few* *items*  
 14 *Got* *away* *from* *any* *note*  
 15 *Should*  
 16 *What* *do* *you* *find* *you* *to* *be* *friend*  
 17 *In* *the* *middle* *of* *the* *book*  
 18 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 19 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 20 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 21 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 22 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 23 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 24 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 25 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 26 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 27 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 28 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 29 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 30 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 31 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 32 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 33 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 34 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 35 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 36 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 37 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 38 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 39 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 40 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 41 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 42 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 43 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 44 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 45 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 46 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 47 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 48 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 49 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 50 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 51 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 52 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 53 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 54 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 55 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 56 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 57 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 58 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 59 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 60 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 61 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 62 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 63 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 64 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 65 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 66 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 67 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 68 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 69 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 70 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 71 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 72 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 73 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 74 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 75 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 76 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 77 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 78 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 79 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 80 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 81 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 82 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 83 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 84 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 85 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 86 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 87 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 88 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 89 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 90 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 91 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 92 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 93 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 94 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 95 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 96 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 97 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 98 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 99 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*  
 100 *It's* *like* *beats* *who* *claims* *to* *be* *friend* *from* *the* *middle*

# JANRIC  
CLASSIC  
SUDOKU

## Level: Gold

All in the blank cells  
 original numbers 1 to 9  
 each number can only  
 appear only once in each  
 row, column and 3x3  
 sub-grid. Use logic and  
 arithmetic to eliminate  
 to solve the puzzle.

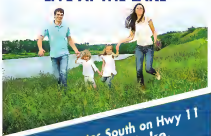
The difficulty level  
 ranges from Beginner  
 (easiest) to Silver  
 to Gold (hardest)



Solution to the  
 crossword puzzle will  
 be in the Sudoku code  
 found on Page 31

# Skyview

EXPERIENCE NATURE AT YOUR DOORSTEP  
**WORK IN THE CITY...  
 LIVE AT THE LAKE**



**ONLY 20 Minutes South on Hwy 11  
 at Blackstrap Lake.**



Fully serviced with city water, sewer  
 system, power, telephone, and  
 natural gas. ¾ acre lots starting at

**\$79,900**

Rick King 306-221-1209  
 Neil Ketilson 306-229-8976

skyviewcountryestates.ca

# SHARP EATS

## THE TOP THREE HERBS TO GROW

The choices are endless but if you have limited space, Milton Rebello, executive chef at the Hotel Saskatchewan in Regina, has some advice:

"I've and his wife Louise are passionate about gardening, and grow enough for their family but also for special functions at the hotel and Milton's Farmers' Market. More served on Wednesdays and Saturdays."

"I have grown herbs all year for my chef. I love to explain the health benefits of herbs to my culinary team and our guests at the hotel... the flavour is so much more intense and fresh than compared to store-bought herbs," he says.

### BASIL

\* Back home in India, basil is considered holy, revered for its medicinal properties and worshipped by Hindus. It is known to relieve stress, cure common colds and cough, and even ease kidney stones if used over time.

\* Versatile and strong enough to flavour the dish, yet sweet enough not to overpower the flavour.

\* We also make our own basil pesto, basil oil, and for dessert, we dress our chilled berries with honey basil and lime.

### MINT

\* At the hotel, we make a mint and lemon sparkling water, carrot, mint, and chocolate chocolate mint, and combine the dry on our lemonade and use dehydrated mint leaves with sugar crystals for garnish.

\* Nothing soothes a sore throat as much as mint and lemon tea with honey.

### CELANTRO

\* It complements Indian and Mexican dishes very well.

\* It grows really fast. Use cilantro flowers as an edible garnish. The flower has a beautiful flavour and is visually stunning.

jusharaj@hstarcphoenix.com  
Twitter.com/jusharaj



Executive chef of the Hotel Saskatchewan, Milton Rebello is growing mustard sprouts and microgreens for the Great Saskatchewan Market Festival, held on Aug. 29. Photo courtesy: Milton Rebello

# ASK ELLIE

# Every relationship require periodic 'check-ups'

**Q.** My wife cheated on me. I was in a different world, never saw it coming. She kept telling me they were just good friends, but I knew all the time. She started spending more time with them than with our family. I feel like such a fool. Eventually I caught her by looking at her cell phone and saw everything.

Ask Ellie



We're never really ourselves, but have two small kids, so I stay with her to protect my kids. The other guy's long gone, and my wife up and tore up the relationship.

She cheated on me because...

**A.** You asked the question, because despite feeling hurt and disgruntled, you recognize there had to be some reason. If it were just irresponsibility and lust, it'd happen again. But what if your intuition, "I was in a different world," was clear? Put in the time to find out why you two "were connected" rather than stick it out resentfully.

**Q.** I was at home with a sore throat so

Did he not believe you could handle the truth? Could you have?

That's more about what you two are willing and capable of accepting, and which version you are and control the case. Better find out now if there are forbidden conversations, or if taking time is the method of running from things.

Examples can change a negative past

form into both knowledge. It.

**Q.** Men who get the physical attraction they need at home don't cheat. I'm a woman whose husband under stood my needs, and was tender and responsive whenever I wanted to make love.

We had sex at least four times a week and sometimes more. Even though I had a stronger sex drive than him, he was a willing partner.

I've been living conscious sex with him for the past three years. I met her two years after my wife passed.

She's a nice woman and good companion for everything she had sex

like men her husband been love once monogamous (over 1000), but I'm lucky if he have sex once once a month.

I'm ready to look elsewhere. I don't feel "satisfied with all that," so she says about herself.

**Divorced Ladies**

**A.** Neither of you has truly attempted a solution.

Sex could've been a factor about you to look her husband (and she's on medication that could affect the sex drive there are creative alternatives therapists, and/or counselors to deal with unexpected dryness and limited libido).

Also, sex therapists help couples deal with this trouble.

You haven't even mentioned a will attempt to communicate through clear, emotional honesty, will stress limits and accepting low frequency of intercourse.

If you continue to none of the above, make sure she understands that she's to become just a sidekick, while you direct passion elsewhere.

**Q.** I was married very young, had three kids right away. We socialized with a fast crowd — there was a lot of cheating.

I got together with one of our friends and we married. But he turned out to be an alcoholic and I left him.

I've been a settled, happy marriage of over 20 years. I think people cheat for many reasons — married too young, overwhelmed by kids/work/etc., feeling neglected outside attractions through the redheads and warts, etc. It's not what most newsmen dream of, but it's a reality.

**Redhead's View**

**A.** It's a tough reality, hard on everyone involved.

And it doesn't always lead to the happiness you're fortunately found.

We need sex marriage law as a reality of two people (usually often feels bad) and more so perhaps step of reality.

Both will have a lot of learning to do along the way, but can enrich each other's journey.

**The StarPhoenix**

**SUBSCRIBER REWARDS**

Win gift cards, tickets & more!

Subscriber Inquiry  
Our 407-6326 or email  
subscriber@thestarphoenix.com

**www.autoclearingmotorspeedway.ca** **Auto Clearing Motor Speedway, Saskatoon, SK**

**DAKOTA DUNES CASINO**  
**WESTERN CANADIAN**  
**SUPER LATE MODEL**  
**CHAMPIONSHIP SERIES**  
**AUGUST 30, 2014**

**INTERSTATE BATTLESHIP 104**

**Prize Champion**  
2014 - #17 Scott Brown - \$25,000  
2013 - #15 Scott Brown - \$10,000  
2012 - #15 Scott Brown - \$10,000  
2011 - #15 Scott Brown - \$10,000  
2010 - #15 Scott Brown - \$10,000  
2009 - #15 Scott Brown - \$10,000  
2008 - #15 Scott Brown - \$10,000  
2007 - #15 Scott Brown - \$10,000  
2006 - #15 Scott Brown - \$10,000  
2005 - #15 Scott Brown - \$10,000  
2004 - #15 Scott Brown - \$10,000  
2003 - #15 Scott Brown - \$10,000  
2002 - #15 Scott Brown - \$10,000  
2001 - #15 Scott Brown - \$10,000  
2000 - #15 Scott Brown - \$10,000  
1999 - #15 Scott Brown - \$10,000  
1998 - #15 Scott Brown - \$10,000  
1997 - #15 Scott Brown - \$10,000  
1996 - #15 Scott Brown - \$10,000  
1995 - #15 Scott Brown - \$10,000  
1994 - #15 Scott Brown - \$10,000  
1993 - #15 Scott Brown - \$10,000  
1992 - #15 Scott Brown - \$10,000  
1991 - #15 Scott Brown - \$10,000  
1990 - #15 Scott Brown - \$10,000  
1989 - #15 Scott Brown - \$10,000  
1988 - #15 Scott Brown - \$10,000  
1987 - #15 Scott Brown - \$10,000  
1986 - #15 Scott Brown - \$10,000  
1985 - #15 Scott Brown - \$10,000  
1984 - #15 Scott Brown - \$10,000  
1983 - #15 Scott Brown - \$10,000  
1982 - #15 Scott Brown - \$10,000  
1981 - #15 Scott Brown - \$10,000  
1980 - #15 Scott Brown - \$10,000  
1979 - #15 Scott Brown - \$10,000  
1978 - #15 Scott Brown - \$10,000  
1977 - #15 Scott Brown - \$10,000  
1976 - #15 Scott Brown - \$10,000  
1975 - #15 Scott Brown - \$10,000  
1974 - #15 Scott Brown - \$10,000  
1973 - #15 Scott Brown - \$10,000  
1972 - #15 Scott Brown - \$10,000  
1971 - #15 Scott Brown - \$10,000  
1970 - #15 Scott Brown - \$10,000  
1969 - #15 Scott Brown - \$10,000  
1968 - #15 Scott Brown - \$10,000  
1967 - #15 Scott Brown - \$10,000  
1966 - #15 Scott Brown - \$10,000  
1965 - #15 Scott Brown - \$10,000  
1964 - #15 Scott Brown - \$10,000  
1963 - #15 Scott Brown - \$10,000  
1962 - #15 Scott Brown - \$10,000  
1961 - #15 Scott Brown - \$10,000  
1960 - #15 Scott Brown - \$10,000  
1959 - #15 Scott Brown - \$10,000  
1958 - #15 Scott Brown - \$10,000  
1957 - #15 Scott Brown - \$10,000  
1956 - #15 Scott Brown - \$10,000  
1955 - #15 Scott Brown - \$10,000  
1954 - #15 Scott Brown - \$10,000  
1953 - #15 Scott Brown - \$10,000  
1952 - #15 Scott Brown - \$10,000  
1951 - #15 Scott Brown - \$10,000  
1950 - #15 Scott Brown - \$10,000  
1949 - #15 Scott Brown - \$10,000  
1948 - #15 Scott Brown - \$10,000  
1947 - #15 Scott Brown - \$10,000  
1946 - #15 Scott Brown - \$10,000  
1945 - #15 Scott Brown - \$10,000  
1944 - #15 Scott Brown - \$10,000  
1943 - #15 Scott Brown - \$10,000  
1942 - #15 Scott Brown - \$10,000  
1941 - #15 Scott Brown - \$10,000  
1940 - #15 Scott Brown - \$10,000  
1939 - #15 Scott Brown - \$10,000  
1938 - #15 Scott Brown - \$10,000  
1937 - #15 Scott Brown - \$10,000  
1936 - #15 Scott Brown - \$10,000  
1935 - #15 Scott Brown - \$10,000  
1934 - #15 Scott Brown - \$10,000  
1933 - #15 Scott Brown - \$10,000  
1932 - #15 Scott Brown - \$10,000  
1931 - #15 Scott Brown - \$10,000  
1930 - #15 Scott Brown - \$10,000  
1929 - #15 Scott Brown - \$10,000  
1928 - #15 Scott Brown - \$10,000  
1927 - #15 Scott Brown - \$10,000  
1926 - #15 Scott Brown - \$10,000  
1925 - #15 Scott Brown - \$10,000  
1924 - #15 Scott Brown - \$10,000  
1923 - #15 Scott Brown - \$10,000  
1922 - #15 Scott Brown - \$10,000  
1921 - #15 Scott Brown - \$10,000  
1920 - #15 Scott Brown - \$10,000  
1919 - #15 Scott Brown - \$10,000  
1918 - #15 Scott Brown - \$10,000  
1917 - #15 Scott Brown - \$10,000  
1916 - #15 Scott Brown - \$10,000  
1915 - #15 Scott Brown - \$10,000  
1914 - #15 Scott Brown - \$10,000  
1913 - #15 Scott Brown - \$10,000  
1912 - #15 Scott Brown - \$10,000  
1911 - #15 Scott Brown - \$10,000  
1910 - #15 Scott Brown - \$10,000  
1909 - #15 Scott Brown - \$10,000  
1908 - #15 Scott Brown - \$10,000  
1907 - #15 Scott Brown - \$10,000  
1906 - #15 Scott Brown - \$10,000  
1905 - #15 Scott Brown - \$10,000  
1904 - #15 Scott Brown - \$10,000  
1903 - #15 Scott Brown - \$10,000  
1902 - #15 Scott Brown - \$10,000  
1901 - #15 Scott Brown - \$10,000  
1900 - #15 Scott Brown - \$10,000  
1899 - #15 Scott Brown - \$10,000  
1898 - #15 Scott Brown - \$10,000  
1897 - #15 Scott Brown - \$10,000  
1896 - #15 Scott Brown - \$10,000  
1895 - #15 Scott Brown - \$10,000  
1894 - #15 Scott Brown - \$10,000  
1893 - #15 Scott Brown - \$10,000  
1892 - #15 Scott Brown - \$10,000  
1891 - #15 Scott Brown - \$10,000  
1890 - #15 Scott Brown - \$10,000  
1889 - #15 Scott Brown - \$10,000  
1888 - #15 Scott Brown - \$10,000  
1887 - #15 Scott Brown - \$10,000  
1886 - #15 Scott Brown - \$10,000  
1885 - #15 Scott Brown - \$10,000  
1884 - #15 Scott Brown - \$10,000  
1883 - #15 Scott Brown - \$10,000  
1882 - #15 Scott Brown - \$10,000  
1881 - #15 Scott Brown - \$10,000  
1880 - #15 Scott Brown - \$10,000  
1879 - #15 Scott Brown - \$10,000  
1878 - #15 Scott Brown - \$10,000  
1877 - #15 Scott Brown - \$10,000  
1876 - #15 Scott Brown - \$10,000  
1875 - #15 Scott Brown - \$10,000  
1874 - #15 Scott Brown - \$10,000  
1873 - #15 Scott Brown - \$10,000  
1872 - #15 Scott Brown - \$10,000  
1871 - #15 Scott Brown - \$10,000  
1870 - #15 Scott Brown - \$10,000  
1869 - #15 Scott Brown - \$10,000  
1868 - #15 Scott Brown - \$10,000  
1867 - #15 Scott Brown - \$10,000  
1866 - #15 Scott Brown - \$10,000  
1865 - #15 Scott Brown - \$10,000  
1864 - #15 Scott Brown - \$10,000  
1863 - #15 Scott Brown - \$10,000  
1862 - #15 Scott Brown - \$10,000  
1861 - #15 Scott Brown - \$10,000  
1860 - #15 Scott Brown - \$10,000  
1859 - #15 Scott Brown - \$10,000  
1858 - #15 Scott Brown - \$10,000  
1857 - #15 Scott Brown - \$10,000  
1856 - #15 Scott Brown - \$10,000  
1855 - #15 Scott Brown - \$10,000  
1854 - #15 Scott Brown - \$10,000  
1853 - #15 Scott Brown - \$10,000  
1852 - #15 Scott Brown - \$10,000  
1851 - #15 Scott Brown - \$10,000  
1850 - #15 Scott Brown - \$10,000  
1849 - #15 Scott Brown - \$10,000  
1848 - #15 Scott Brown - \$10,000  
1847 - #15 Scott Brown - \$10,000  
1846 - #15 Scott Brown - \$10,000  
1845 - #15 Scott Brown - \$10,000  
1844 - #15 Scott Brown - \$10,000  
1843 - #15 Scott Brown - \$10,000  
1842 - #15 Scott Brown - \$10,000  
1841 - #15 Scott Brown - \$10,000  
1840 - #15 Scott Brown - \$10,000  
1839 - #15 Scott Brown - \$10,000  
1838 - #15 Scott Brown - \$10,000  
1837 - #15 Scott Brown - \$10,000  
1836 - #15 Scott Brown - \$10,000  
1835 - #15 Scott Brown - \$10,000  
1834 - #15 Scott Brown - \$10,000  
1833 - #15 Scott Brown - \$10,000  
1832 - #15 Scott Brown - \$10,000  
1831 - #15 Scott Brown - \$10,000  
1830 - #15 Scott Brown - \$10,000  
1829 - #15 Scott Brown - \$10,000  
1828 - #15 Scott Brown - \$10,000  
1827 - #15 Scott Brown - \$10,000  
1826 - #15 Scott Brown - \$10,000  
1825 - #15 Scott Brown - \$10,000  
1824 - #15 Scott Brown - \$10,000  
1823 - #15 Scott Brown - \$10,000  
1822 - #15 Scott Brown - \$10,000  
1821 - #15 Scott Brown - \$10,000  
1820 - #15 Scott Brown - \$10,000  
1819 - #15 Scott Brown - \$10,000  
1818 - #15 Scott Brown - \$10,000  
1817 - #15 Scott Brown - \$10,000  
1816 - #15 Scott Brown - \$10,000  
1815 - #15 Scott Brown - \$10,000  
1814 - #15 Scott Brown - \$10,000  
1813 - #15 Scott Brown - \$10,000  
1812 - #15 Scott Brown - \$10,000  
1811 - #15 Scott Brown - \$10,000  
1810 - #15 Scott Brown - \$10,000  
1809 - #15 Scott Brown - \$10,000  
1808 - #15 Scott Brown - \$10,000  
1807 - #15 Scott Brown - \$10,000  
1806 - #15 Scott Brown - \$10,000  
1805 - #15 Scott Brown - \$10,000  
1804 - #15 Scott Brown - \$10,000  
1803 - #15 Scott Brown - \$10,000  
1802 - #15 Scott Brown - \$10,000  
1801 - #15 Scott Brown - \$10,000  
1800 - #15 Scott Brown - \$10,000  
1799 - #15 Scott Brown - \$10,000  
1798 - #15 Scott Brown - \$10,000  
1797 - #15 Scott Brown - \$10,000  
1796 - #15 Scott Brown - \$10,000  
1795 - #15 Scott Brown - \$10,000  
1794 - #15 Scott Brown - \$10,000  
1793 - #15 Scott Brown - \$10,000  
1792 - #15 Scott Brown - \$10,000  
1791 - #15 Scott Brown - \$10,000  
1790 - #15 Scott Brown - \$10,000  
1789 - #15 Scott Brown - \$10,000  
1788 - #15 Scott Brown - \$10,000  
1787 - #15 Scott Brown - \$10,000  
1786 - #15 Scott Brown - \$10,000  
1785 - #15 Scott Brown - \$10,000  
1784 - #15 Scott Brown - \$10,000  
1783 - #15 Scott Brown - \$10,000  
1782 - #15 Scott Brown - \$10,000  
1781 - #15 Scott Brown - \$10,000  
1780 - #15 Scott Brown - \$10,000  
1779 - #15 Scott Brown - \$10,000  
1778 - #15 Scott Brown - \$10,000  
1777 - #15 Scott Brown - \$10,000  
1776 - #15 Scott Brown - \$10,000  
1775 - #15 Scott Brown - \$10,000  
1774 - #15 Scott Brown - \$10,000  
1773 - #15 Scott Brown - \$10,000  
1772 - #15 Scott Brown - \$10,000  
1771 - #15 Scott Brown - \$10,000  
1770 - #15 Scott Brown - \$10,000  
1769 - #15 Scott Brown - \$10,000  
1768 - #15 Scott Brown - \$10,000  
1767 - #15 Scott Brown - \$10,000  
1766 - #15 Scott Brown - \$10,000  
1765 - #15 Scott Brown - \$10,000  
1764 - #15 Scott Brown - \$10,000  
1763 - #15 Scott Brown - \$10,000  
1762 - #15 Scott Brown - \$10,000  
1761 - #15 Scott Brown - \$10,000  
1760 - #15 Scott Brown - \$10,000  
1759 - #15 Scott Brown - \$10,000  
1758 - #15 Scott Brown - \$10,000  
1757 - #15 Scott Brown - \$10,000  
1756 - #15 Scott Brown - \$10,000  
1755 - #15 Scott Brown - \$10,000  
1754 - #15 Scott Brown - \$10,000  
1753 - #15 Scott Brown - \$10,000  
1752 - #15 Scott Brown - \$10,000  
1751 - #15 Scott Brown - \$10,000  
1750 - #15 Scott Brown - \$10,000  
1749 - #15 Scott Brown - \$10,000  
1748 - #15 Scott Brown - \$10,000  
1747 - #15 Scott Brown - \$10,000  
1746 - #15 Scott Brown - \$10,000  
1745 - #15 Scott Brown - \$10,000  
1744 - #15 Scott Brown - \$10,000  
1743 - #15 Scott Brown - \$10,000  
1742 - #15 Scott Brown - \$10,000  
1741 - #15 Scott Brown - \$10,000  
1740 - #15 Scott Brown - \$10,000  
1739 - #15 Scott Brown - \$10,000  
1738 - #15 Scott Brown - \$10,000  
1737 - #15 Scott Brown - \$10,000  
1736 - #15 Scott Brown - \$10,000  
1735 - #15 Scott Brown - \$10,000  
1734 - #15 Scott Brown - \$10,000  
1733 - #15 Scott Brown - \$10,000  
1732 - #15 Scott Brown - \$10,000  
1731 - #15 Scott Brown - \$10,000  
1730 - #15 Scott Brown - \$10,000  
1729 - #15 Scott Brown - \$10,000  
1728 - #15 Scott Brown - \$10,000  
1727 - #15 Scott Brown - \$10,000  
1726 - #15 Scott Brown - \$10,000  
1725 - #15 Scott Brown - \$10,000  
1724 - #15 Scott Brown - \$10,000  
1723 - #15 Scott Brown - \$10,000  
1722 - #15 Scott Brown - \$10,000  
1721 - #15 Scott Brown - \$10,000  
1720 - #15 Scott Brown - \$10,000  
1719 - #15 Scott Brown - \$10,000  
1718 - #15 Scott Brown - \$10,000  
1717 - #15 Scott Brown - \$10,000  
1716 - #15 Scott Brown - \$10,000  
1715 - #15 Scott Brown - \$10,000  
1714 - #15 Scott Brown - \$10,000  
1713 - #15 Scott Brown - \$10,000  
1712 - #15 Scott Brown - \$10,000  
1711 - #15 Scott Brown - \$10,000  
1710 - #15 Scott Brown - \$10,000  
1709 - #15 Scott Brown - \$10,000  
1708 - #15 Scott Brown - \$10,000  
1707 - #15 Scott Brown - \$10,000  
1706 - #15 Scott Brown - \$10,000  
1705 - #15 Scott Brown - \$10,000  
1704 - #15 Scott Brown - \$10,000  
1703 - #15 Scott Brown - \$10,000  
1702 - #15 Scott Brown - \$10,000  
1701 - #15 Scott Brown - \$10,000  
1700 - #15 Scott Brown - \$10,000  
1699 - #15 Scott Brown - \$10,000  
1698 - #15 Scott Brown - \$10,000  
1697 - #15 Scott Brown - \$10,000  
1696 - #15 Scott Brown - \$10,000  
1695 - #15 Scott Brown - \$10,000  
1694 - #15 Scott Brown - \$10,000  
1693 - #15 Scott Brown - \$10,000  
1692 - #15 Scott Brown - \$10,000  
1691 - #15 Scott Brown - \$10,000  
1690 - #15 Scott Brown - \$10,000  
1689 - #15 Scott Brown - \$10,000  
1688 - #15 Scott Brown - \$10,000  
1687 - #15 Scott Brown - \$10,000  
1686 - #15 Scott Brown - \$10,000  
1685 - #15 Scott Brown - \$10,000  
1684 - #15 Scott Brown - \$10,000  
1683 - #15 Scott Brown - \$10,000  
1682 - #15 Scott Brown - \$10,000  
1681 - #15 Scott Brown - \$10,000  
1680 - #15 Scott Brown - \$10,000  
1679 - #15 Scott Brown - \$10,000  
1678 - #15 Scott Brown - \$10,000  
1677 - #15 Scott Brown - \$10,000  
1676 - #15 Scott Brown - \$10,000  
1675 - #15 Scott Brown - \$10,000  
1674 - #15 Scott Brown - \$10,000  
1673 - #15 Scott Brown - \$10,000  
1672 - #15 Scott Brown - \$10,000  
1671 - #15 Scott Brown - \$10,000  
1670 - #15 Scott Brown - \$10,000  
1669 - #15 Scott Brown - \$10,000  
1668 - #15 Scott Brown - \$10,000  
1667 - #15 Scott Brown - \$10,000  
1666 - #15 Scott Brown - \$10,000  
1665 - #15 Scott Brown - \$10,000  
1664 - #15 Scott Brown - \$10,000  
1663 - #15 Scott Brown - \$10,000  
1662 - #15 Scott Brown - \$10,000  
1661 - #15 Scott Brown - \$10,000  
1660 - #15 Scott Brown - \$10,000  
1659 - #15 Scott Brown - \$10,000  
1658 - #15 Scott Brown - \$10,000  
1657 - #15 Scott Brown - \$10,000  
1656 - #15 Scott Brown - \$10,000  
1655 - #15 Scott Brown - \$10,000  
1654 - #15 Scott Brown - \$10,000  
1653 - #15 Scott Brown - \$10,000  
1652 - #15 Scott Brown - \$10,000  
1651 - #15 Scott Brown - \$10,000  
1650 - #15 Scott Brown - \$10,000  
1649 - #15 Scott Brown - \$10,000  
1648 - #15 Scott Brown - \$10,000  
1647 - #15 Scott Brown - \$10,000  
1646 - #15 Scott Brown - \$10,000  
1645 - #15 Scott Brown - \$10,000  
1644 - #15 Scott Brown - \$10,000  
1643 - #15 Scott Brown - \$10,000  
1642 - #15 Scott Brown - \$10,000  
1641 - #15 Scott Brown - \$10,000  
1640 - #15 Scott Brown - \$10,000  
1639 - #15 Scott Brown - \$10,000  
1638 - #15 Scott Brown - \$10,000  
1637 - #15 Scott Brown - \$10,000  
1636 - #15 Scott Brown - \$10,000  
1635 - #15 Scott Brown - \$10,000  
1634 - #15 Scott Brown - \$10,000  
1633 - #15 Scott Brown - \$10,000  
1632 - #15 Scott Brown - \$10,000  
1631 - #15 Scott Brown - \$10,000  
1630 - #15 Scott Brown - \$10,000  
1629 - #15 Scott Brown - \$10,000  
1628 - #15 Scott Brown - \$10,000  
1627 - #15 Scott Brown - \$10,000  
1626 - #15 Scott Brown - \$10,000  
1625 - #15 Scott Brown - \$10,000  
1624 - #15 Scott Brown - \$10,000  
1623 - #15 Scott Brown - \$10,000  
1622 - #15 Scott Brown - \$10,000  
1621 - #15 Scott Brown - \$10,000  
1620 - #15 Scott Brown - \$10,000  
1619 - #15 Scott Brown - \$10,000  
1618 - #15 Scott Brown - \$10,000  
1617 - #15 Scott Brown - \$10,000  
1616 - #15 Scott Brown - \$10,000  
1615 - #15 Scott Brown - \$10,000  
1614 - #15 Scott Brown - \$10,000  
1613 - #15 Scott Brown - \$10,000  
1612 - #15 Scott Brown - \$10,000  
1611 - #15 Scott Brown - \$10,000  
1610 - #15 Scott Brown - \$10,000  
1609 - #15 Scott Brown - \$10,000  
1608 - #15 Scott Brown - \$10,000  
1607 - #15 Scott Brown - \$10,000  
1606 - #15 Scott Brown - \$10,000  
1605 - #15 Scott Brown - \$10,000  
1604 - #15 Scott Brown - \$10,000  
1603 - #15 Scott Brown - \$10,000  
1602 - #15 Scott Brown - \$10,000  
1601 - #15 Scott Brown - \$10,000  
1600 - #15 Scott Brown - \$10,000  
1599 - #15 Scott Brown - \$10,000  
1598 - #15 Scott Brown - \$10,000  
1597 - #15 Scott Brown - \$10,000  
1596 - #15 Scott Brown - \$10,000  
1595 - #15 Scott Brown - \$10,000  
1594 - #15 Scott Brown - \$10,000  
1593 - #15 Scott Brown - \$10,000  
1592 - #15 Scott Brown - \$10,000  
1591 - #15 Scott Brown - \$10,000  
1590 - #15 Scott Brown - \$10,000  
1589 - #15 Scott Brown - \$10,000  
1588 - #15 Scott Brown - \$10,000  
1587 - #15 Scott Brown - \$10,000  
1586 - #15 Scott Brown - \$10,000  
1585 - #15 Scott Brown - \$10,000  
1584 - #15 Scott Brown - \$10,000  
1583 - #15 Scott Brown - \$10,000  
1582 - #15 Scott Brown - \$10,000  
1581 - #15 Scott Brown - \$10,000  
1580 - #15 Scott Brown - \$10,000  
1579 - #15 Scott Brown - \$10,000  
1578 - #15 Scott Brown - \$10,000  
1577 - #15 Scott Brown - \$10,000  
1576 - #15 Scott Brown - \$10,000  
1575 - #15 Scott Brown - \$10,000  
1574 - #15 Scott Brown - \$10,000  
1573 - #15 Scott Brown - \$10,000  
1572 - #15 Scott Brown - \$10,000  
1571 - #15 Scott Brown - \$10,000  
1570 - #15 Scott Brown - \$10,000  
1569 - #15 Scott Brown - \$10,000  
1568 - #15 Scott Brown - \$10,000  
1567 - #15 Scott Brown - \$10,000  
1566 - #15 Scott Brown - \$10,000  
1565 - #15 Scott Brown - \$10,000  
1564 - #15 Scott Brown - \$10,000  
1563 - #15 Scott Brown - \$10,000  
1562 - #15 Scott Brown - \$10,000  
1561 - #15 Scott Brown - \$10,000  
1560 - #15 Scott Brown - \$10,000  
1559 - #15 Scott Brown - \$10,000  
1558 - #15 Scott Brown - \$10,000  
1557 - #15 Scott Brown - \$10,000  
1556 - #15 Scott Brown - \$10,000  
1555 - #15 Scott Brown - \$10,000  
1554 - #15 Scott Brown - \$10,000  
1553 - #15 Scott Brown - \$10,000  
1552 - #15 Scott Brown - \$10,000  
1551 - #15 Scott Brown - \$10,000  
1550 - #15 Scott Brown - \$10,000  
1549 - #15 Scott Brown - \$10,000  
1548 - #15 Scott Brown - \$10,000  
1547 - #15 Scott Brown - \$10,000  
1546 - #15 Scott Brown - \$10,000  
1545 - #15 Scott Brown - \$10,000  
1544 - #15 Scott Brown - \$10,000  
1543 - #15 Scott Brown - \$10,000  
1542 - #15 Scott Brown - \$10,000  
1541 - #15 Scott Brown - \$10,000  
1540 - #15 Scott Brown - \$10,000  
1539 - #15 Scott Brown - \$10,000  
1538 - #15 Scott Brown - \$10,000  
1537 - #15 Scott Brown - \$10,000  
1536 - #15 Scott Brown - \$10,000  
1535 - #15 Scott Brown - \$10,000  
1534 - #15 Scott Brown - \$10,000  
1533 - #15 Scott Brown - \$10,000  
1532 - #15 Scott Brown - \$10,000  
1531 - #15 Scott Brown - \$10,000  
1530 - #15 Scott Brown - \$10,000  
1529 - #15 Scott Brown - \$10,000  
1528 - #15 Scott Brown - \$10,000  
1527 - #15 Scott Brown - \$10,000  
1526 - #15 Scott Brown - \$10,000  
1525 - #15 Scott Brown - \$10,000  
1524 - #15 Scott Brown - \$10,000  
1523 - #15 Scott Brown - \$10,000  
1522 - #15 Scott Brown - \$10,000  
1521 - #15 Scott Brown - \$10,000  
1520 - #15 Scott Brown - \$10,000  
1519 - #15 Scott Brown - \$10,000  
1518 - #15 Scott Brown - \$10,000  
1517 - #15 Scott Brown - \$10,000  
1516 - #15 Scott Brown - \$10,000  
1515 - #15 Scott Brown - \$10,000  
1514 - #15 Scott

## RECIPES

## Zucchini takes centre stage

By Patricia Chuey

Available year-round, but at its peak in the summer months, zucchini is a wonderfully versatile vegetable that's super low in calories. It contains just 40 calories per cup raw while supplying vitamin A, a little vitamin C, potassium and fibre.

It can be sliced into strips or coins and added raw to a veggie platter. It takes only about four minutes to steam or boil.

When grated, it adds fibre and moisture to baked goods such as in the smaller recipe here, or can be combined with eggs and other ingredients to make crisp, pan-fried zucchini cakes.

It's delicious sliced lengthwise, grated and served as a "bruschetta" side to grilled meat or served in smaller sizes as an appetizer.

The bright orange flowers of the zucchini plant are also edible. They make a pretty garnish on small plates or can be stuffed with ricotta cheese or other tasty fillings.

Try zucchini "noodle" pasta. Simply pulse—slice long, then strips of zucchini. Even easier, there are new fans to use zucchini "noodle" makers. In the recipe below, I used a variety of styles of zucchini and regular spaghetti noodles, but you could easily use all zucchini for a lower-calorie, lower-carb version.

## Zucchini Pasta in a Light Cheese Sauce

Serves 6

- 1 lbp + 1 cup vegetable oil
- 1 cup parmesan, minced
- 1 Tbsp oil or 1/2 cup per cup evaporated milk
- 3 cups reduced sodium vegetable or chicken stock
- 1 lbp (1/2 cup) zucchini
- 1/2 cup gluten-free (GF) or all-purpose flour
- 1/2 cup freshly grated Parmesan
- Freshly ground pepper to taste
- 3 cups of cooked spaghetti noodles; regular or GF works
- 2 Tbsp pepper, salt and very thin strips
- 1 lb or can crushed hearts, drained, rinsed and chopped
- 1/2 cup of parmesan or cheddar, long strips of zucchini

1. Prepare sauce: In a large pot over medium heat, sauté garlic in 1 Tbsp (1/2 cup) oil. Add and sauté together: onion, milk, stock, mustard and flour. Cook for about 5 minutes or until it begins to thicken. Stir in cheese and black pepper. Set aside.
2. In another large saucepan, very lightly sauté peppers in remaining 1 Tbsp (1/2 cup) oil. Add zucchini, hearts and mushrooms and cook briefly, just long enough to heat while not really cooking the zucchini.
3. To serve, place warm pasta in each bowl. Drizzle with sauce. Top with the zucchini vegetable mixture. To make a well-balanced meal, serve juicy with a protein like seared or grilled salmon.

## Grilled Zucchini Bruschetta

Serves 4

- 2 small zucchinis
- Olive oil and sea salt
- 2 cloves garlic, minced
- 2 large cups (aged) tomatoes, sliced finely
- 1/2 cup fresh chopped basil

1. Heat barbecue to medium-high.
2. Cut each zucchini lengthwise into 3 slices. Lightly brush with oil and season in taste with salt. Grill for about 4 minutes per side.
3. Mix together garlic, tomatoes and basil. Spoon onto warm zucchini slices and serve.

## Moist Zucchini Flaxseed Muffins

Makes 24

- 2 large eggs
- 1 cup (vegetable) or 1/2 cup melted butter and 1/2 cup oil
- 4 cups grated zucchini, unpeeled
- 1/2 cup all-purpose flour or GF flour (using almond flour)
- 1/2 cup ground flax seed
- 1 cup ground flax seed
- 2 cups baking powder
- 1 cup ground cinnamon
- 1 cup (vegetable) ground nutmeg
- 1 cup raisins or dried cranberries, optional (if using, reduce sugar to 3/4 cup)



Make zucchini pasta by simply slicing the vegetable into thin long strips. It can be mixed with regular pasta or served as-is. PHOTO COURTESY PATRICIA CHUEY



Moist Zucchini Flaxseed Muffins are a delicious way to use up some of your garden zucchini.

1. Preheat oven to 350°F and mix oil and flour with cooking oil spray.
2. In bowl of electric mixer, beat eggs. Add oil and zucchini and blend well. Note: Do not square excess moisture from the grated zucchini.
3. In another bowl, mix together flour, the seed, sugar, baking soda, baking

- powder, salt, cinnamon and nutmeg. Pour into wet ingredients. If using wheat flour, stir just to combine. If using gluten-free flour, blend well to combine.
4. Stir in raisins or cranberries, if using.
5. Divide batter into 24 muffin cups.

If desired, garnish with a mixture of grated red tomatoes. Bake for approximately 30 minutes or until toothpick inserted comes out clean. Allow to cool.

For Patricia Chuey



# Next week in BRIDGES

Marie Peepeetch looks back on her time at Pleasant Hill as the school celebrates 100 years in the community

## Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,  
Do we have wolf spiders in Saskatchewan? Bridgette

Dear Bridgette,  
Yee! We have wolf spiders in Saskatchewan. Luckily, when you ask a question like this, I know that you are also wanting to learn something special and so I will tell you about an endearing mother and a skilled hunter. Throughout the diverse habitats that make up what you humans call Saskatchewan, there are 400 recorded species of spiders. It has been estimated that there may be as many as 600. There are more than 35 species of wolf spiders alone. Most wolf spiders physically hunt their prey instead of using a web. Both males and females will hunt using their excellent eyesight and agility to catch their prey. The females are bigger and live longer than the males. That is because they have a really big job to do. Once they lay their eggs, they wrap them in silk and carry or guard this egg sack until the young emerge. After emergence the baby spiders will crawl onto their mother's back and stay there for several weeks or until they are big enough to venture out on their own.

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

Patricia Louise Bennett  
12100-10 Highway 217  
Beaver Creek, Saskatchewan

Website: [www.beavercreek.ca](http://www.beavercreek.ca)  
Email: [chip@beavercreek.ca](mailto:chip@beavercreek.ca)



Meewasin

1000  
Saskatchewan Valley Authority  
403 Third Avenue East  
Saskatoon, SK S7N 3G5  
City's info: 306.244.0944 ext. 213-249

## YWCA Renew



Program begins in October - call 306 244 0944 today

**FREE 8 week program** designed for women who have experienced breast cancer at any point in their lives. Includes education, gentle exercise, information and support. For information or to register call: 306 244 0944 ext. 122. Registration deadline: September 1, 2014



FITNESS ON 25TH | YWCA SASKATOON  
510 25TH STREET EAST | 306 244 0944  
[WWW.FITNESSON25TH.COM](http://WWW.FITNESSON25TH.COM)



# OUTSIDE THE LINES

Wait!

## # Colouring contest

Each week Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [skmckay@thestar.com](mailto:skmckay@thestar.com). One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner is Shae Spence, age 4. Thanks to everyone who submitted entries!



**For the Toys you've Always Wanted**

[gigglerfactory.ca](http://gigglerfactory.ca)

The Greatest Toy Store in Saskatoon!! Largest Selection of Playmobil & Calico Critter. We also carry a huge selection of Unique Toys and Great Party Supplies, including Balloon Decorating!

Come See us in our Great Location with Free Parking  
150 - 1824 McOrmond  
Dr. 975-9630

# WINE WORLD

## #SASKATCHEWAN WINE SCENE

### Apassimento smooth, dark and absolutely divine

By James Romanow

There is one word on a label that should instantly cause you to buy the bottle. The word is "Apassimento," or "Passamento" — an abbreviation of the same word. Essentially it is a method of making wine from raisins, which means are absolutely divine.

You can find a handful of wines made this way in Italy and France, like Vin Santo, a sweet wine in the west of Italy and wine de paille in France. The most famous and popular of these is Amarone, from the Veneto area. I don't know about you but when I find an Amarone in a friend's basement I work on getting it opened and drinking so much so I can before my host has a drop.

Lately the Apassimento method has started to spread away from the Veneto Italian vineyards as many of us on a wide variety of grapes looking for interesting results. I knew this was happening, but had never found any examples in Saskatchewan and Alberta until I saw this bottle of Luna Argenta in the Sealed Air Co-Op.

Luna Argenta is made with Negamonte and Primitivo (AKA Zinfandel) grapes. Primitivo is a high sugar grape and Negamonte is a perfumed dark wine with an astringent finish. The Apassimento process has resulted both of the grapes' sugary aromas and flavours, and produced a chewy dark wine of very pleasant



tastiness. This is what I wish Californian Zinfandel tasted like.

The tannins are remarkably smooth for a two-year-old wine. There's great structure but none of the Cabernet-like map on the soft palate I'd love to taste this wine after a few years of cellaring.

If you're in Saskatoon, this is wine you should seek out.

Luna Argenta Apassimento, Italy, 2005, \$17.40\*\*\*

## Crossword/Sudoku answers

ROAD	TALL	ZESTS
ARTS	ALTA	IGUIT
REOS	BODY	OURLE
TIMEOUT	MYNA	
ADICU	RAE	TRIO
RAICHO	ROUND	SOUND
	GHORN	WHITE
AVA	TIGGATA	NOS
SITAT	OMEGA	
PERSONAL	DISAGREE	
SWAN	AND	FEATUP
	GLORY	DARKENS
BLANCH	CHECK	HALO
LANCER	OPIC	ASAN
YORSEA	WAVY	NEWS

8	9	7	6	1	5	4	2	3
3	5	4	7	8	2	6	9	1
2	1	6	3	9	4	5	8	7
9	4	2	8	7	1	3	5	6
7	6	1	2	5	3	9	4	8
5	8	3	4	6	9	1	7	2
4	7	8	5	3	6	2	1	9
6	2	9	1	4	7	8	3	5
1	3	5	9	2	8	7	6	4

## Show the Champs your Rider Pride!



Get more of your local news delivered to your door, computer, tablet and smartphone



The Centre - Saskatoon

Order The StarPhoenix All Access Subscription for just \$28/month and receive a bonus \$25 Rider Store gift card.

Call 306-857-8320 and quote offer code RIDERS or visit [thestarphoenix.com/subscribe](http://thestarphoenix.com/subscribe)

Already a subscriber? You are automatically entered to WIN a \$100 Rider Store gift card.

## The StarPhoenix

\*Offer available to new subscribers who have not received bonus delivery for 45 days. Cannot be combined with any other offer. Subscriptions must be paid via the Easy Pay plan, charged to your credit card monthly for a minimum of 12 months. Delivery will continue on days when delivery is not possible. Please allow 4-6 weeks for delivery of the gift card. If you cancel before four months, you will be charged for the value of the gift card. Current subscribers will be entered to win a \$100 Rider Store gift card. Offer expires August 31, 2011.

**Make a difference today.**

**Help raise a reader.**

Postmedia

**Raise  
a Reader™**



**The StarPhoenix**



Providing the tools to help children and families improve their reading skills is an investment in our community and our future.

**DONATE TODAY!**

**Proceeds support family and children's literacy programs so DONATE TODAY!**

**ONLINE:**

[www.raiseareader.com](http://www.raiseareader.com) and choose Saskatoon under Fund/Campaign

**PHONE:**

1-800-837-READ (7333)

**MAIL IN:**

Raise-a-Reader 2014 5P 1st, North Saskatoon, SK S7N 2P1  
(please pay to "The StarPhoenix Raise-a-Reader")

**RAISE-A-READER DAY IS WEDNESDAY, SEPTEMBER 24, 2014.**

For more information, visit [www.raiseareader.com](http://www.raiseareader.com)

**Raise-a-Reader Supporters**



RTM | SHOPPING | SPORTS

